



DHSS SNAPSHOT

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A Solution for Your New Year's Resolution



*Gail Vasterling, acting director,
Missouri Department of Health and
Senior Services*

Many Americans make New Year's resolutions with such great expectations that we struggle to meet those goals. Carving out two extra hours each day for exercise might work for some, but for many others it's just not possible.

This year, look at your New Year's resolutions differently. Set your sights on something a little more attainable. Set reasonable goals. Here are a few simple suggestions for your new year:

- **Work in a work out** - Park farther away from the building to increase your number of steps you take daily or take 10 minutes out of your break and/or lunch to take a walk. If your building has an elevator, vow to take the stairs. Just a few extra steps can add up and will help you burn calories and become healthier.
- **Food for thought** - Try eating grilled chicken and veggies at least twice a week. Packing a healthy lunch and keeping healthy snacks at your desk can help ward off afternoon food cravings.
- **Help others** - Take some time this year to volunteer. Participate in a walk-a-thon or benefit relay. You can help others while helping yourself to become healthier as well.
- **Sleep more** - Sleep is a necessity, not a luxury. Be sure to get plenty of sleep - and don't feel guilty about getting something everyone needs: sleep.
- **Pledge to be a smoke-free me** - This year, quit smoking. Talk to a former smoker to learn what worked for them. Free counseling is offered at 1-800-QUIT-NOW or visit SmokeFree.gov.
- **Take control of your health** - Take measures to better understand your health. Get an annual wellness exam. Take time to learn your family health history to become a healthier you.

No matter how small, make your New Year's resolution count. Tell others about your resolution for 2013 so they can help you stay on track to achieve your goals.

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CPR, a Life Saving Technique

Marie Barton, like many adults, assists her aging parents with basic needs. She is often the first person called when her mother needs help, whether it is picking up her medications or during an emergency. When Marie received the email that the department was offering a Cardiopulmonary Resuscitation (CPR) class, she quickly signed up.

"My mother is 88 years of age and has difficulty swallowing," said Marie who works in the Bureau of Senior Programs. "The class was very helpful in showing me what to do if my mother was choking."

The CPR trainings were presented by Shirley Gastler, inspector and Emergency Medical Services (EMS) instructor for the Bureau of EMS.

"CPR is a lifesaving technique that can be useful in many emergencies," said Shirley. "You never know when you are going to be in a situation and will need it."

Shirley Gastler, Bureau of Emergency Medical Services, shows Marie Barton, Bureau of Senior Programs, and Jessica Kavanaugh, Office of Public Information (left), the appropriate techniques of CPR.



DHSS Establishes National Toxic Substance Incidents Program in Missouri



Rachel Rosen, Centers for Disease Control and Prevention, is assisting the Bureau of Environmental Epidemiology with establishing a national toxic substance Incidents Program in Missouri.

In July 2012 the Bureau of Environmental Epidemiology team welcomed Rachel Rosen through the Center for Disease Control and Prevention's Public Health Associate Program (PHAP). PHAP is a two-year development program through the Office for State, Tribal, Local and Territorial Support (OSTLTS) that places emerging public health professionals on the frontlines of public health. A recent graduate of Northwestern University where she studied Anthropology, Global Health and Spanish, Rachel brings experience in health education, civic engagement, program development and community outreach to BEE.

Rachel is working with ATSDR to establish the National Toxic Substance Incidents Program (NTSIP) in Missouri. NTSIP is modeled after ATSDR's former Hazardous Substances Emergency Events Surveillance Program (HSEES), which tracked releases of toxic substances in Missouri until the mid-2000s. BEE will expand on NTSIP by creating an umbrella initiative, Missouri Hazardous Material Incident Surveillance (MHMIS), to track a more comprehensive range of hazardous substance releases. MHMIS is off to a strong start and is developing its data collection process. Ultimately MHMIS will work with state and local partner agencies to mitigate the public health risks associated with exposure to hazardous materials.

Special Recognition from Fellow Missourians

A new section has been added to the Snapshot to recognize individuals who have gone above and beyond in assisting the citizens of Missouri. If you know of a staff member that has received special recognition for going the extra mile, please send it to Lori.Buchanan@health.mo.gov.

Angela,

Thank you for all of your help yesterday. I received a reply and a connection to the site and was then able to log on.

It is nice to know that if I have questions regarding the calendar site that I am able to call you and every time you have been a great help and always able to talk.

Thank you for all you have done.

Angela H.



Angela Oesterly, Section for Child Care Regulation

“It is nice to know that if I have questions regarding the calendar site that I am able to call you and every time you have been a great help and always able to talk.”

“I have never had a constituent sound so happy and so pleased with her services before.”

Ellie Glenn and Central Registry Unit,

I just got off the phone with a constituent who was so incredibly thankful for the quick and helpful service she received this morning to get her furnace turned back on!

I have never had a constituent sound so happy and so pleased with her services before. I wish you and everyone else who helped could have heard how grateful she was!

Thank you, thank you, thank you, and please pass along my sincerest thanks and gratitude to all of your staff!

Laura Barnett
Legislative Assistant to
Representative Tommie Pierson

DHSS Holds Annual Holiday Luncheon

It was a joyous occasion the Department of Health and Senior Services holiday luncheon on December 6 at the St. Martins K of C Hall. Director Margaret Donnelly spent a few moments thanking employees for their work throughout the year.

"The holidays are about family and friends," said Donnelly. "I am blessed to be part of this department whom I consider to be part of my family."

Over 300 employees joined in the festivities that included a meal, games, cash drawings and entertainment by the Show-Me Showboaters Men's Chorus.

A canned food drive was also held in conjunction with the luncheon, and more than nine boxes of canned good items were donated to benefit the Jefferson City Samaritan Center. Fundraisers are held throughout the year to help pay for prizes and other items associated with the luncheon.



Staff celebrated the holidays with a meal at the St. Martins K of C Hall.



Winter Wonderland Decorating Contest

The halls of the Division of Community and Public Health (DCPH) looked like a winter wonderland as many of the division's staff decorated their hallways and offices hoping to win bragging rights in the DCPH Wonderland Decorating Contest.

Laura Teske, Center for Emergency Response/Terrorism, received the individual award for her ski lift display. Honorable mentions were given to Shirley Veit, Office of Epidemiology for her Christmas Village display and Deborah Bonchonsky, Bureau of Immunization Assessment and Assurance for her themed display--*The Grinch Immunizes Max*.

Bureau/Office honors were awarded to the Bureau of Community Food and Nutrition for their overwhelming participation and creative painted displays. The Bureau of Communicable Disease Prevention and Control, Cape Girardeau District Office, received an honorable mention.



Nursing Home Residents Receive Gifts of Joy

Angela, a resident of Jefferson City Manor (JCNR), had a special gleam in her eye as staff from the Department of Health and Senior Services presented her with a thermal blanket, calendar and Christmas goodies. She held her gifts close, smiled and said, "It's just what I wanted! How did they know?" Angela was one of 26 residents from JCNR adopted by department staff this year.

For nearly eight years, DHSS has been bringing Christmas cheer to nursing home residents. This year, staff from JCNR were asked to supply a "wish list" of items needed by residents. A "Giving Tree" was then displayed in 912 Wildwood for employees to take a gift tag and purchase the requested item(s). Through multiple fundraisers held throughout the year, several additional stockings were filled with an assortment of gifts including clothing, lotions, games and sugar free treats.

"This is an amazing event that I'm so thankful to be a part of," said Gina Atkinson, member of the Employee Activity Committee. "Our Committee's goal is to help different organizations in the community through our fundraisers, and this is just one of the opportunities in which we get to have face-to-face interaction. The residents are so gracious and it reminds you what Christmas is really about. They ask for so little and you walk away with a feeling so much more valuable than anything materialistic."



Angela, a resident of Jefferson City Manor, receives gifts from DHSS.

Troops Share in Holiday Festivities

Soldiers stationed around the world enjoyed a brighter holiday season due to the generosity of Missouri Department of Health and Senior Services (DHSS) and Information Technology Systems Division (ITSD) employees staffed within DHSS. Three waves of shipments were sent to 6 U.S. soldiers deployed overseas and who have friends and relatives employed at DHSS.

Throughout the year, employees donate their time, talent and money for our troops.

Shipments were coordinated by George Lauer in ITSD who was joined by several DHSS and ITSD employees and their family members. In total, 42



Staff from DHSS and ITSD and their family members pack items for U.S. soldiers deployed overseas.

packages (39 large flat-rate priority boxes, and 3 14"x14"x14" boxes) were prepared. Each of the 6 soldiers received 7 large packages. In addition, three of the soldiers received a 6.5' prelit Christmas Tree.

"It is good to know that there is such great support for our troops," said George. "The homemade goodies and cards are especially well received by the soldiers. They are so appreciative and knowing someone is thinking about them really means a lot when you are far away from family and friends."

To read more about the shipments, go to <http://news.troop-support.com/>.



Employees of the Month



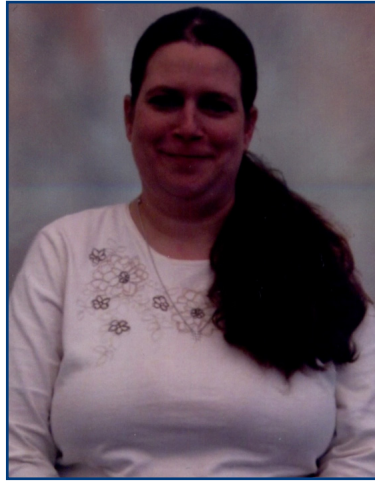
Monica Smith

Monica Smith, a health program representative, was honored as November's employee of the month. Monica proposed having Family Care Safety Registry employees work in teams rather than individually to perform background checks on caregivers. The results led to child care centers, long-term care facilities and providers receiving background results faster, and improved morale at the registry.

"Before the team approach was implemented in July, we had a brief processing delay for web-based background checks," said Beth Thompson, assistant chief at the registry. "By August, we were able to process the requests as they came in."

Beth also credits the team approach to shortening the processing delay for hard-copy background requests.

Smith came up with the team-approach idea despite being relatively new to the registry. Now she helps train her peers on registry



Verena "Rena" Cox

Verena "Rena" Cox, a long-term care specialist in Kansas City, was chosen as December's employee of the month. Rena developed a training manual for her coworkers and supervisors to aid their understanding of an Electronic Health Record program known as Web Tool. Web Tool houses home-and-community clients' electronic health records and provides department partners with real-time access to client care plans.

"Rena became very involved in

operations.

"Training and coaching her peers who have more overall experience speaks volumes for Monica's leadership ability and her willingness to work outside her comfort zone," said Thompson.

Smith and her husband, Kevin, reside in Holts Summit. They enjoy spending free time with their three children: Bethany, Ryan and Kyle.

learning all functions of Web Tool and trained herself on its use before the official department training took place," said Teresa Hilker, assistant regional manager for home and community services in northwest Missouri.

After Rena learned the new system, she developed a manual that included screen shots and helpful hints so others could also learn Web Tool. She did so without any assistance or prompting.

"Rena's willingness to step up and assist others, and take on extra tasks is an amazing asset to our region and the department," said Teresa.

Rena lives in Grandview with her husband, David, and two teenage stepchildren. She is a Missouri National Guard member and served in the U.S. Army from 1992 to 1997.

The DHSS Snapshot is published by the Office of Public Information.

Suggestions for future articles can be sent to:

Lori.Buchanan@health.mo.gov;
phone: 573/751-6062;
fax: 573/751-6041

Gena Terlizzi
Managing Editor

Lori Buchanan
Editor